

**Purpose** The scale is composed of 14 items (one of which is not scored) and is designed to evaluate multiple aspects of fatigue, including its perceived severity, frequency, and interference with daily functioning. Though multiple measures of fatigue have been created for use with a variety of clinical and research populations, many of these focus on specific aspects of fatigue – intensity or duration, for example – and the developers hoped to design an instrument for examining a wide range of fatigue-related issues. The scale has been primarily validated in patients with cancer, though it has been tested minimally in a variety of other groups as well.

**Population for Testing** The scale has been validated with both female and male cancer patients with an age range of 18–24 [1]. An initial study also suggests that the FSI possesses some reliability and validity with healthy controls as well [2].

**Administration** A brief self-report, pencil-and-paper measure, the scale should require between 5 and 10 min for completion.

**Reliability and Validity** The largest study examining the scale’s psychometric properties found an internal consistency of .94 [1]. Results on the instrument were also significantly correlated with an established measure of fatigue.

**Obtaining a Copy** An example of the items used in the questionnaire can be found in the original article published by developers [2].

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**Scoring** Items use an 11-point, Likert-type scale that ranges from one fatigue-related extreme to another (lower points on the scale denote less acute problems with fatigue). A global score can be obtained for items 1–13. Question 14 is meant to provide qualitative data only. Additionally, a Disruption Index score can be calculated by adding scores obtained on items 5–11.

### Fatigue Symptom Inventory (FSI)

For each of the following, circle the one number that best indicates how that item applies to you.

1. Rate your level of fatigue on the day you felt most fatigued during the past week.

0 1 2 3 4 5 6 7 8 9 10

Not at all As fatigued as  
Fatigued I could be

2. Rate your level of fatigue on the day you felt least fatigued during the past week.

0 1 2 3 4 5 6 7 8 9 10

Not at all As fatigued as  
fatigued I could be

3. Rate your level of fatigue on the average in the last week.

0 1 2 3 4 5 6 7 8 9 10

Not at all As fatigued as  
fatigued I could be

4. Rate your level of fatigue right now.

0 1 2 3 4 5 6 7 8 9 10

Not at all As fatigued as  
fatigued I could be

5. Rate how much, in the past week, fatigue interfered with your general level of activity.

0 1 2 3 4 5 6 7 8 9 10

No Extreme  
interference interference

6. Rate how much, in the past week, fatigue interfered with your ability to bathe and dress yourself.

0 1 2 3 4 5 6 7 8 9 10

No Extreme  
interference interference

7. Rate how much, in the past week, fatigue interfered with your normal work activity (includes both work outside the home and housework).

0 1 2 3 4 5 6 7 8 9 10

No Extreme  
Interference Interference

8. Rate how much, in the past week, fatigue interfered with your ability to concentrate.

0 1 2 3 4 5 6 7 8 9 10

No Extreme  
Interference Interference

9. Rate how much, in the past week, fatigue interfered with your relations with other people.

0 1 2 3 4 5 6 7 8 9 10

No Extreme  
Interference Interference

10. Rate how much, in the past week, fatigue interfered with your enjoyment of life.

0 1 2 3 4 5 6 7 8 9 10

No Extreme  
Interference Interference

11. Rate how much, in the past week, fatigue interfered with your mood:

0 1 2 3 4 5 6 7 8 9 10

No Extreme  
Interference Interference

12. Indicate how many days, in the past week, you felt fatigued for any part of the day.

0 1 2 3 4 5 6 7

Days Days

13. Rate how much of the day, on average you felt fatigued in the past week.

0 1 2 3 4 5 6 7 8 9 10

None of The entire  
the day day

With kind permission from Springer Science+Business Media: Hann et al. [2], Table 1.

## References

1. Hann, D. M., Denniston, M. M., & Baker, F. (2000). Measurement of fatigue in cancer patients: further validation of the fatigue symptom inventory. *Quality of Life Research*, 9(7), 847–854.
2. Hann, D. M., Jacobsen, P. B., Azzarello, L. M., Martin, S. C., Curran, S. L., Fields, et al. (1998). Measurement of fatigue in cancer patients: development and validation of the fatigue symptom inventory. *Quality of Life Research*, 7, 301–310.

## Representative Studies Using the Scale

- Jacobsen, P. B., Donovan, K. A., Small, B. J., Jim, H. S., Munster, P. N., & Andrykowski, M. A. (2007). Fatigue after treatment for early stage breast cancer: a controlled comparison. *Cancer*, 110(8), 1851–1859.
- Luciani, A., Jacobsen, P. B., Extermann, M., Foa, P., Marussi, D., Overcash, J. A., & Balducci, L. (2008). Fatigue and functional dependences in older cancer patients. *American Journal of Clinical Oncology – Cancer Clinical Trials*, 31(5), 424–430.